



The LINK

Washington State
Department of Social
& Health Services

for Child Care Professionals

Winter 2001

Intergenerational Program brings family setting to children and seniors

By Joan Whitley
Mount St. Vincent Intergenerational
Child Care

Pat, a regular visitor in the preschool room, uses a wheelchair to get around. When she arrives, she receives many greetings and hugs.

She feels mighty useful when visiting the preschoolers. "Please tie my shoe so I can go outdoors," says an active four year old as he plops his foot on her lap. She ties it. "Thank you, Pat. Do you need help getting up the ramp? I'll help you." And he does so on his way out the door.

In today's society, we begin, often at infancy, to place children in age group settings. Even developmentally appropriate, culturally supportive programs are often missing the wider connections to the full range of human life.

Many experts recommend family style groupings so that young children understand life in a natural human setting and have the opportunity to learn from each other. An additional consideration to the natural setting is the elderly. Children miss the concrete information they gather from wrinkled faces, knuckles thickened from years of hard work, and

voices low and soft from quieting the worried or frightened.

Providence Mount St. Vincent's Intergenerational Learning Center (ILC) is co-located with Assisted Living, Long Term Care and Adult Day Health programs. The ILC is part of the fabric of Providence Mount St. Vincent (the Mount) in Seattle.

Babies, toddlers and preschoolers learn from their older friends how to mix cookies, sing songs, play games, and write the names of their friends, young and old. A hungry baby may be given a bottle by an older friend and have the opportunity to gaze into a loving, soft and wrinkled face. Children can also help by pushing a wheelchair to the door, carrying a cane left behind, making special drawings to brighten a resident's room, and bringing smiles and laughter to persons feeling left behind by the world.

The staff of the children's program and the staff of the elder programs plan activities that reflect both the interests

Children offer unconditional love to nursing home residents at Manor Care in Gig Harbor and, in turn, gain a sense of family and respect for the elderly.



and the needs of their two groups and find common areas of interest. The staff from all programs are careful to make others feel welcomed and comfortable in their various environments.

The child care program has adult size furniture as well as the usual child-sized items. Areas used primarily for elder care

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Olympia LINK

*By Sophia Kouidou-Giles
OCCP Chief*

Those of us who work in early childhood and child care recognize the special place older adults can have in the lives of children. It's a heartwarming picture, seeing the very young and the very old in child care settings.

The children's responsiveness, attention and the mutual connection

with the seniors creates a sense of respect and warmth. They gravitate toward each other. The love, stimulation, nurturing relationships, the diversity and skills that older adults bring to children is an invaluable contribution.

A senior friend of mine who volunteers at a center reading stories to toddlers told me, "I leave with a very good feeling. I have done something to help someone else's child!"

In this issue of *The Link* we acknowledge and honor all the seniors across the state that are in child care settings. We thank our providers for their wonderful creativity and inclusiveness, and we challenge ourselves to continue to grow and act intergenerationally.

State industrial insurance and child care providers

***What you don't know
can hurt you!***

*By Daniel JC Brown
Labor & Industries Field Auditor*

The Department of Labor and Industries is responsible for administering the state's industrial insurance program. The department aims to manage it in an efficient, courteous and fair manner to all of its customers - nearly all employers and workers in Washington.

Industrial insurance protects both you and your employees. You ordinarily cannot be sued for damages when a work-related injury or illness occurs. And, employees who experience a workplace injury or illness may receive benefits such as approved medical expenses, partial wage replacement payments, vocational services, and pension benefits.

Child care providers - like other Washington employers - must provide industrial insurance for employees. There are few exceptions to this Washington state law.

If a worker becomes injured on the job and the department finds the employer has not paid industrial insurance premiums, it is subject to 100 percent of the claim cost, plus any past premiums due - including penalties and interest.

This is only a general outline of basic industrial insurance requirements. It is not a legal interpretation of a complex law, but intended to promote awareness.

For further information or assistance in determining your industrial insurance requirements, contact your local Labor and Industries office or call 1-800-LISTENS (1-800-547-8367).

Infant and Toddler Care

Bellevue Community College
Early Childhood Education Program
Announcing a New Certificate --

The Early Childhood Education Program at Bellevue Community College is pleased to announce a new Short Certificate in Infant and Toddler Care.

► This program is right for you if you want to improve your knowledge and skills to provide safe and effective care for infants and toddlers in a home child care or child care center.

► Students learn to plan appropriate programming for children under the age of three, as well as establish partnerships with parents that support best practices in infant and toddler care. ► Upon completion of the program the

students will have earned 18 college credits and a Certificate of Completion.

► Courses include: Child Development, Fundamentals of Early Childhood Education, Infant and Toddler Care, Parent Involvement, and Child Health and Safety. ► For additional information, contact the Early Childhood Education office at (425) 564-2366. Visit their Web site at: www.bcc.ctc.edu/ece

***You must
provide
industrial
insurance to
employees***

The LINK

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Save these dates

The sixth annual Child Care and Health Partnerships Symposium will be in Ellensburg.

May 30-June 1

The topic is Young Children and Mental Health.

Ask your licensor

By Laura Dallison
Licensing Field Manager

The Autumn 2000 National Association for Regulatory Administration (NARA) newsletter had an interesting article about the nature of licensing, written by child care consultant Judith Colbert. She asks two questions: "what is licensing?" and "what is enforcement?"

Colbert defines a license as something that allows an individual or group to meet certain requirements to do something that would otherwise be forbidden. She defines enforcement as causing laws or regulations to be put into operation.

So, if licensing is so clear cut - why do providers often fear a licensor's visit and why are licensors often confused about their role?

If we take the mystery out of our roles, rights and responsibilities, we find our answer. Colbert says the licensing process involves the transfer of many rights, from the licensor to the licensee.

This sharing of rights requires that each party treat the other with respect and fulfill their mutual responsibilities. According to law, the licensor may only ask the licensee to follow what is stated in the Washington Administrative Code (WAC) requirements and cannot say, "do this" and "do that" when these demands are not part of our minimum licensing requirements.

Conversely, it is the provider's responsibility to let licensors know when they do not believe "this" or "that" is not required under the law. The licensor must be able to fully explain licensing requirements and provide technical assistance that helps providers achieve and maintain compliance.

The provider is responsible for implementing and sustaining compliance with these regulations.

To assist licensees in providing even a higher standard of care, a licensor may

also make suggestions and provide consultation. Though this higher standard may not be a legal requirement, it may assist the provider improve the overall quality of the care s/he provides and thus have a more successful business.

Providers making honest efforts to achieve compliance with licensing rules and regulations should not fear the

enforcement process. Negative licensing actions are actually fairly rare, and only occur when there has been a long standing pattern of non-compliance and/or the health, safety and well-being of children are threatened.

Enforcement that does not involve these serious negative consequences can be a positive experience for both providers and licensors.

Q&A on licensing

By Leslie Edwards-Hill
Licensing Program Manager

Q. *Is it all right for centers to be "over capacity" if some of the children are on field trips?*

A. While centers are licensed for a certain number of children "on the premises," that means the total licensed capacity should not exceed that number at any one time. Clearly many centers have more total children enrolled in the center than they are licensed for, because different children have different schedules. However, it is the responsibility of the center during holiday or school

break times to be sure that they are not caring for more children at any one time than their license allows; whether the children are on or off the premises.

Q. *Are the new WACs for family child care homes available now?*

A. Yes, the new WACs are in print. Ask your licensor to send you a copy if you don't have one. You can also access the WACs at www.wa.gov/dshs/dockets/wacidx.html and look up 388-155.

There is a new 13-page checklist that goes along with the new WACs. Please let us know how you like it as you prepare for relicensing.

Subsidy reminder

DSHS subsidized rates for Child Care with Special Needs

Some children with special needs who are eligible for DSHS child care subsidies qualify for an additional payment rate.

The child must have a documented physical, mental or emotional need that requires a higher level of care. The child's special need must be documented by a health, mental health, or education professional with at least a master's level degree.

DSHS child care subsidy programs have a special needs rate. If your additional documented cost of care for a child with special needs is greater than that rate, DSHS may authorize above the special needs rate.

Contact the family's DSHS Authorizing Worker for further information on special needs rates.

Region 1

CHILDHOOD WAS TRULY INTERGENERATIONAL

By LEE WILLIAMS, REGIONAL MANAGER

Reflecting on my memories of child care while growing up, I realize that it truly was intergenerational. My great-grandmother was my caregiver from the time I was a toddler until I started school.

I remember her teaching me to understand Italian, baking oatmeal raisin cookies, and shaking her head in amusement as we did things to test her resolve. Mostly I remember her smile, hugs and nods of acknowledgement as I conquered something new.

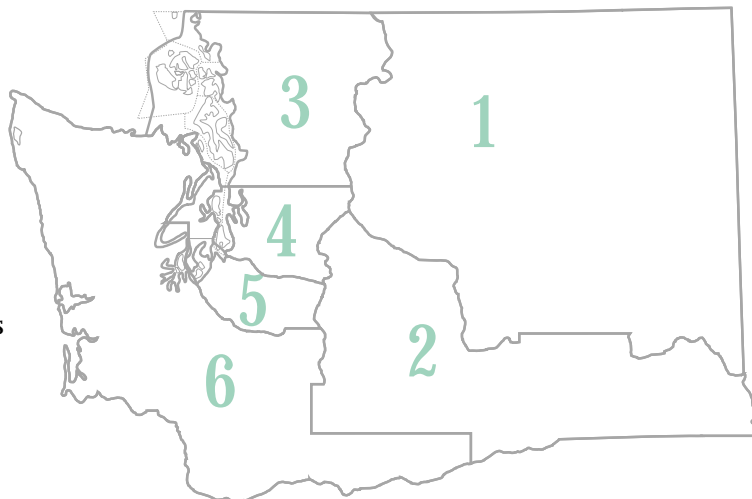
We are fortunate here in our region to be a pilot site for "Rock and Read." The importance of our older generation's involvement in child care has the potential to make a lasting impact in the life of a child.

We now know from our research that children attach with their caregivers when they are talked to, held and get positive reinforcement for their learning. An older person rocking, holding and talking to children fits so well with child care. What a wonderful gift to give our children, that same knowing smile and hug my great-grandmother gave to me!

There have been many changes here in our region. We have said goodbye to our long time regional manager, Tim Nelson. He was here at the beginning of OCCP and has led us to many great accomplishments. We wish him luck in his new position as area manager with the Division of Children and Family Services.

As the New Year is beginning all of us here in Spokane look forward to working with our communities to build resources for quality child care. We are fortunate to be included in the next wave of the TEACH program at Spokane Falls Community College.

Our community has built partnerships around the commitment of stakeholders all over our region that will make all of these programs come alive.



Region 2

EMBRACING INTERGENERATIONAL

CHILD CARE

By LIZ EGGE, CHILD CARE

CENTER LICENSOR

Child care centers in Yakima see the value of connecting children in child care with elderly persons. They see the benefit of working with retirement homes and convalescent centers to begin teaching children at a young age the importance of giving and sharing oneself with others in the community.

Suzy Keefe of St. Paul Early Learning Center believes "the children learn a lot from the experience." The five year olds walk to the Yakima Convalescent Center. There they spread joy through their songs and laughter.

The parents and staff of the children also provide treats for the elderly. The children feel proud that they are volunteering their time to make cards and do art creations to cheer up elderly people. Smiles and clapping also make this an equally rewarding experience to the children.

The elderly bond with the children and eagerly look forward to their next visit. The children volunteer their time on Valentine's Day, Christmas, and on most

holidays, but most importantly on Grandparent's Day where they do a parade for the elderly and do a musical presentation.

At Chucky's School, the staff and teachers have connected with Elder-Link (a daycare for the elderly). They get together for Easter Egg hunts and have taken Christmas cards to the senior citizens. They also get together for water fun days with prizes, snacks and do games. It is fun for all involved.

Kindercare #1031 kindergartners went to Highgate House for Christmas caroling. Each resident received a picture drawn by a child. The children spread the Holiday Cheer by singing five to six songs on Dec. 13 to the elderly residents of Highgate House.

Additionally, seniors give to children in child care in various ways. Seniors in the local RSVP program knit hats and mittens at Christmas for the children enrolled in Yakima Valley Community College Janes' House.

These are many ways for seniors and young children to get together to share and enjoy their lives. The Yakima Family YMCA program encourages their Before and After School Enrichment Program to get involved. The Whitney B.A.S.E.

program is currently planning a caroling trip, and the Gilbert Base program is planning a trip to a nursing home, according to Mikhal Lundberg, B.A.S.E. child care director.

The important thing is for young and old to get together and share the good times.

Region 3

SERVING THE LATINO POPULATION

BY BARBARA MARTINEZ-GRIEGO

FAMILY CHILD CARE HOME LICENSOR

When I began working in OCCP almost a year ago and I was informed that there was a big need to service the Latino population in Snohomish, Skagit and Watcom Counties.

I gladly embraced the opportunity to work with all of these providers and potential providers.

Julie Meija has been a successful provider for the past five years. Julie says that all children are referred to her by word of mouth. Julie says that Latino families want to leave their children with a Latino provider to preserve their language and traditions.

Julie has noticed that there is a growing number of parents from Caucasian and other ethnic backgrounds that are wanting her to care for their children. She says that more people want their children to learn multiple languages and believe in immersing their children at a young age in non-English speaking homes. Julie says it really works because all children in her care speak Spanish all the time.

Julie is also very proud of the outdoor play area she has designed with assistance from her instructors and trainers at the community college and/or Child Care Resource and Referral.

Maria Rendon says it was very difficult but she's glad she didn't give up on her dream of owning and operating her own

business. Maria and her husband both work together and serve 12 children a day in their beautiful new two-story home in Bellingham. Maria credits their hard work and dedication to the success of their business.

All five rooms of the bottom part of their home are dedicated to the child care business. There is small kitchen area where meals are prepared and served; a child size table where everyone sits down and eats all snacks and meals "family style." The outdoor play area is large and offers many opportunities for fun and exploration.

Maria says that she presently is providing services to one child that is not from a Latino home. This child's parents wanted her to learn as many languages as possible. The child has been coming to her child care for three years and is fluent in Spanish, English and Japanese.

Region 4

INTERGENERATIONAL CARE

AND HOME CHILD CARE

BY ROBIN HIGH

"Said the little boy, 'Sometimes I drop my spoon.' Said the old man, 'I do too!' The little boy whispered, 'I wet my pants.' 'I do too,' laughed the old man. Said the little boy, 'I often cry.' The old man nodded, 'So do I.' 'But worst of all,' said the little boy, 'it seems grown-ups don't pay attention to me.' And he felt the warmth of the wrinkled old hand. 'I know what you mean,' said the old man.

-from 'A Light in the Attic' by Shel Silverstein.

The young and the aging are generations increasingly separated by institutions, suburban neighborhoods, and geographical distance from relatives. Regardless of age, we all benefit from opportunities that foster our physical,

intellectual, emotional and social well-being.

Intergenerational care enables children and seniors to tell their stories, explore their talents, and share interests together.

Diana Bell, a family child care home provider in Maple Valley, has been involved in intergenerational care since 1991. Diana worked at a child care center at a nursing home in Seattle from 1991 to 1994. The child care shared planned activities with the residents such as cooking, gardening, music and art, in addition to informal interactions throughout the day.

After Diana moved to Maple Valley and started her home child care business, she started an intergenerational program at a nursing home in Issaquah in 1995. The business changed hands, and in May of this year, Diana started a weekly intergenerational program at a care center in Renton.

Diana arrives with the children at 10 a.m. The children have snack while Diana sets up the activity for the day. One of her favorite stories is about a resident at the center who was joining the weekly program, but for two months the woman never uttered a word. She would just quietly watch the activity; then one day, out of the blue, the woman commented to a child about the colors in the child's artwork. Witnessing that kind of interaction fuels Diana's enthusiasm for this work.

Diana's dream is to win the Lotto, find a larger home, and open an adult family home with a child care component. Current family home regulations may not permit this, but it is a concept well worth exploring.

If you would like to talk with Diana about home child care providers and intergenerational care, feel free to call her at (425) 432-7223.

We are adjusting once again to staff changes. Family home licensor Jim

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Teeters and his wife Rebecca are spending a year teaching English in China. We're looking forward to Jim's return in August 2001.

Walter Morgan, a long-time DSHS employee and family home licenser, retired recently. We already miss Walter's big heart, wonderful sense of humor, amazing memory, and fondness for fine food. We hope he'll have time to join us for lunch occasionally.

We are very pleased that Pat Long recently joined our home licensing team. Pat comes to Region 4b with experience as a center director, and has also been a home child care provider on a military base.

Region 5

WONDERFUL INTERGENERATIONAL CENTERS

By JUDY BECKER, CHILD CARE

CENTER LICENSOR

Region 5 is proud to have several wonderful intergenerational centers serving both children and seniors. Cottesmore Christian Child Care of Gig Harbor wrote an article for this Region 5 report, and Manor Care in Gig Harbor has written an article that you will see elsewhere in the Link. Of course, these centers are housed in high quality nursing homes, ensuring the safety of the children in care. A heartfelt "thank you" to these centers and their owners and directors!

*By Kathleen Patrick, Director,
Cottesmore Christian Child Care*

Intergenerational programming is a win-win situation for everyone involved. Cottesmore Christian Child Care was the brain child of founder Inez Glass for the children of her employees. She knew absenteeism would be reduced drastically if there were a dependable child care in the facility.



Grand-Kids Preschool is located in a nursing home, Manor Care in Gig Harbor. The elderly residents and young children enjoy the family-like environment.

The response was tremendous, not only from the staff but from the residents as well. Since that time, the child care has grown to a capacity of 42. The intergenerational program has grown as well.

Weekly activities range from Tuesday afternoon reading with the "Grandmas and Grandpas" to Thursday morning arts and crafts projects. We also have a joint monthly birthday party along with celebrations for every holiday.

Recently the residents of Cottesmore and the children from the child care all went together to the Pumpkin Patch. The day was a success that warmed the hearts of all that attended.

Cottesmore, now under the ownership of Life Care Centers of America, has encouraged expansion to include the Alzheimer's facility next door, with weekly visits and activities. Each day includes small group tours down the hall to extend hugs and smiles with the "Grandmas and Grandpas." The rewards are many when the faces of the children and residents alike light up with joy.

In an age when families are scattered across the country it is very special to offer intergenerational programs to fill the need of children to have loving grandparents, and of older people to enjoy children. At Cottesmore Christian Child Care we are proud to be filling that need.

Region 6

THE CHILDREN'S CLUB

By PAM CROSBY, DIRECTOR CHILDREN'S CLUB,

CRESTWOOD CONVALESCENT CENTER

PORT ANGELES

The Children's Club provides a unique child care program in a skilled nursing facility. The program benefits residents, the children, and the families of both through mutual interaction at a variety of levels, and continuing relationships that span several generations.

The following is an example of "A Day in the Life of a Toddler" in our Intergenerational Program:

6 a.m. -- I get a kiss and hug as my mom goes to work. My mom is a nurse here and takes care of the residents who live here. I have some quiet "choice" time and talk with my teacher as she prepares for the day.

7:30 a.m. -- I eat a hot breakfast that is cooked by my friend's mom who is a cook in the kitchen. I play and greet my other friends as they arrive.

8:30 a.m. -- We go outside and play on our playground. The residents who live in the rooms outside our playground wave to us and watch us play. We remind them of the children in their lives.

9 a.m. -- I go with my teachers and nine other friends in our "Bye Bye Buggy" and little red wagon out into the facility. During our wagon ride, we say good morning to residents, staff and visitors. We blow kisses, shake hands and visit with all the people in the building.

10 a.m. -- We enjoy a snack with our teacher. We learn to use manners, be sociable and eat with silverware.

10:30 a.m. -- On Tuesdays and Fridays we go to the Victoria Dining Room and sing with the residents and preschool children. The residents taught us a song about a bicycle built for two and we taught them a song about monkeys jumping on the bed.

12 p.m. -- We have the best lunches that are always hot and fresh from the kitchen. The teachers always eat lunch with us. Some days my mom comes to eat with me too.

12:30 p.m. -- Nap time -- Sometimes mom comes in to rub my back.

2:00 p.m. -- I know my mom will be coming soon when we wake up. I play outside again until mom comes.

2:30 p.m. -- My mom is here. She is so glad she can see me as soon as she gets off work. My mom signs me out and we both walk down the hall saying goodbye to the residents, staff and families. Our day is over, but I'll be back...

The nursing home residents at Manor Care in Gig Harbor gain a profound benefit from the unconditional love given by the children in the Grand-Kids Preschool program. In turn, the children gain a strong sense of family, respect for the elderly and do not fear disability.

Program in nursing home bridges the Gap with "Grand-Kids"

By Kathy Beck, Director

Grand-Kids is an intergenerational program located within Manor Care Health Services of Gig Harbor.

Our classroom looks on to the main hallway where the residents of the nursing center travel to the dining room and therapy rooms. The classroom windows are at wheelchair height so residents can look in and watch the children play.

Manor Care has found this intergenerational program to be of great benefit to both the elderly and our kids.

Kathy Beck, director of Child Care, plans a monthly calendar for intergenerational activities with the nursing home activity staff. Daily programs for arts and crafts, show and tell, singing songs, exercise classes and story time are just a few examples of activities done with the residents.

Events with the residents in the nursing centers and dementia unit are heart-warming.

The nursing home residents gain a profound benefit from the unconditional love given by the children.

In turn, the children gain a strong sense of family, respect for the elderly and do not fear disability. Through the eyes of a child, the nursing home residents are seen as our "grandmas and grandpas," not as people who are sick or unable to care for themselves.

Grand-Kids at Manor Care serves the community of Gig Harbor as well as the employees of the nursing home. Our extended evening hours make it easier for commuting families as well as being a great benefit for staff members. Those employees who use the preschool program have added peace of mind knowing their children are only a few feet away.

Activities like "Art from the Heart," special birthday cards the kids make for the residents, and room visits make the nursing center a "home." "Tea Time" in the learning center brings some grandmas great memories, love, laughter and many, many hugs. The resident rooms overlook the playground, which is located in the inner courtyard. Many residents join the kids outside for playtime and enjoy the joyful sounds of their play.

Grand-Kids is open from 6 a.m. to 7 p.m. and is staffed with the director and two teachers.

The love, experience and dedication from the preschool staff to both the children and residents of Manor Care is priceless. Their work with the nursing program directors provides a cohesive team that really adds to the quality of life for all.

For more information on Grand-Kids, Manor Care, or intergenerational programs, call Kathy Beck at (253) 858-8688.



(Continued from page 1)

contain many items children can use. In addition, windows from halls to rooms make watching a regular activity.

Toddlers who are in the Intergenerational Family Room have lunch with elders both in their own room and in the long-term care neighborhood. They have art activities, cooking and play games together. Most important, they become knowledgeable about each other and relationships are formed that may continue throughout a child's time at the Mount.

If you are interested in additional information, call (206) 938-6195.

Provider Survey

The Office of Child Care Policy is interested in soliciting feedback from family child care home providers regarding the possibility of modifying regulations in family homes licensed for six children or fewer. We want your opinion!

We will be sending a small, self-addressed, stamped survey card to you in the next few months. Please let us know what you think. When you return the survey card, the data will be gathered and will be one of the tools used to guide our planning and decision-making in this area.

Infant and Early Childhood Conference

Connections 2001
Spirit • Power • Progress

Providing an opportunity for families and service providers to come together to learn, share, and advocate on behalf of all young children, especially those with developmental delays, disabilities, or other special health care needs.

May 2, 2001 - Preconference

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The LINK

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